

NOVEMBER 2013

Providing Quality of Life for a Lifetime!

Cody Rec connect

A NEWSLETTER OF THE CODY PARKS, RECREATION & PUBLIC FACILITIES DEPARTMENT

CONNECTING MIND, BODY, SPIRIT AT RECREATION CENTER

DO YOU WANT TO.....

Be more flexible? Improve your range of motion? Increase overall body strength? Improve your core & posture? Relax, re-center & rejuvenate the body? Have a better mind-body connection?

THEN, TRY A YOGA CLASS!

The Rec Center offers yoga classes for all ability levels, with several NEW options that started last month & continue on a monthly basis:

Yoga Medley offers a combination of several yoga styles, including yoga barre, yoga sculpt, yoga cycle & more. This class is offered Monday, Wednesday & Friday from 8:30 to 9:30 A.

We also have two classes of **Evening Yoga**, a great way to wind down from a busy work day. New instructor Natalie Gregarek teaches Monday & Wednesday from 7 to 8 P & Kevin Johnson continues to lead classes on Tuesday & Thursday from 6 to 7 P. Sign up for both evening classes & get a great discount!

Whether you are new to the practice of yoga or a seasoned student, the

Recreation Center has a class that should perfectly fit your needs. And, if you are looking for something more or different, please contact our Fitness Coordinator & share your ideas. We love hearing from you!



COMMON MYTHS ABOUT YOGA

1. Yoga is a Religion: Yoga can be considered a philosophy, art & a science but not a religion. Yoga means union & is about joining together the aspects of ourselves, which were never meant to be divided in the first place. Yoga is contained in many religions but religion is not contained in yoga.

2. You have to be flexible to practice Yoga: Inflexibility is the exact reason to practice. In as little as five yoga classes you'll notice your fingers are a little closer to your toes in a forward bend. No need to be an amazing yogi before setting foot in a class, & forget about being self-conscious about what you can't do. The more you practice, the more your body will find comfort in the poses.

3. I can't do Yoga everyday so why do it at all? Yoga is beneficial no matter how often you practice. One class a week will yield great results & just 5 minutes of daily meditation can reduce stress & enhance mental clarity.



WORKOUT WHILE YOUR TODDLER MAKES A SPLASH!

It's a win-win situation when mom or dad can work up a sweat AND the little one is entertained & having fun. That's exactly what staff has planned for you on Tuesday mornings this month - parents can kick, punch, run & crunch in Morning Mix (which meets both Tuesday & Thursday mornings) while your 2 to 5 year old enjoys a story, arts & crafts & learning basic swim skills in Turtle "Tales" from 8:30 to 9:30 A beginning November 19th. If there is enough interest, staff may add an additional Thursday morning class or extra sessions to keep the whole family healthy & happy. Please contact staff at 307-587-0400 for additional details. Registration is now open for all fall/winter programs through the Paul Stock Aquatic & Recreation Center.

Upcoming Events at the Recreation Center

Mark your calendar for this month's events & activities for participants of all ages. For additional details, contact staff at 307-587-0400 or visit www.cityofcody-wy.gov

- **NOV 1: HCA Stay Safe - Lacrosse Fun** (School Age Youth, FREE for members) Gym, Concessions & Pools; 2:15 to 4:30 P

- **NOV 1: New Session of Fitness Classes Begins**

Location, Days & Times Vary

- **NOV 1: Winter Swim Challenge Begins** (All Ages, \$15/person)

- **NOV 2: CMS Swim Meet vs. Worland** Pools; 10 A (Pools CLOSED to public)

- **NOV 4: New Session of Adult Aquatic Classes Begins**

Pools; Days & Times Vary

- **NOV 4: New Session of Private & Semi-Private Swim Lessons Begins**

Pools; Monday - Thursday, Times Vary

- **NOV 4 to 14: Parent-Tot Level 1** (6 Months to 1 1/2 Years Old, \$25)

Pools; Mon/Tues/Thurs, 5:30 to 6 P

- **NOV 5 to 26: Gymnastics** (Beginner, Advanced Beginner & Pre-Gym, Fees Vary)

Gyms; Tues &/or Thurs, Times Vary

- **NOV 6: New Session of Home School in the Pool Begins** (School Age Youth, Price Varies)

Pools; Wednesdays, 1 to 3 P

- **NOV 7 to 21: Pick Up Indoor Soccer** (Middle School & Older, FREE for members)

Gyms; Thursdays, 7:45 to 9:45 P

- **NOV 8: School's Out, Stay Safe - Make Tamales, Play Dominoes & Pool Fun** (School Age Youth, FREE for members)

Gym, Concessions & Pools; 10 A to 2 P

- **NOV 9: CMS Cody Invitational Swim Meet**

Pools; 10 A (Pools CLOSED to public)

- **NOV 11: Veteran's Day - Regular Facility Hours**

NO CLASSES TODAY!

- **NOV 15: HCA Stay Safe - Kids' Choice** (School Age Youth, FREE for members)

Gym, Concessions & Pools; 2:15 to 4:30 P

- **NOV 15 & 22: Basic Babysitter's Training** (11 to 15 Yrs Old, \$55 by NOV 8)

Conference Room; Fridays, 2:30 to 7 P

- **NOV 15: Open Kayaking** (\$4/Person) Lap Pool; 5 to 7:30 P

- **NOV 19 to DEC 10: Turtle "Tales"** (2 to 5 Yrs Old, \$30 or \$9 Drop In)

Leisure Pool; Tuesdays, 8:30 to 9:30 A

- **NOV 20: Open Scuba** (\$4/Person) Lap Pool; 5:30 to 7:45 P

- **NOV 22: HCA Stay Safe - Broom Ball, Snack & Pool Fun** (School Age Youth, FREE for members)

Gym, Concessions & Pools; 2:15 to 4:30 P

- **NOV 22: Water Float Day** (All Ages, FREE for members)

Pools; 2 to 5 P

- **NOV 27: HCA Stay Safe - Turkey Trot, Snack & Pool Fun** (School Age Youth, FREE for members)

Gym, Concessions & Pools; 2:15 to 4:30 P

- **NOV 28: Thanksgiving Day - FACILITY CLOSED!**

- **NOV 29: Regular Facility Hours, NO Classes!**

- **NOV 30: Family Day** (All Ages) \$5 Entry for Entire Family!



November HCA Stay Safe Activities

This fall, the Recreation Center continues to offer our HCA Stay Safe programs on **Friday afternoons from 2:15 to 4:30 P** when school is in session. These themed activities combine active sports & games in the gym, craft projects & pool fun. We also provide a free snack thanks to donations from generous local sponsors.

These programs are **FREE** for members or a daily entrance fee for non-members. Non-members in need should inquire about donated guest passes at the front desk!

THIS MONTH'S PROGRAMS →

***NOV 1:** Lacrosse, Pretzel Rods & Ranch Dip for Snack & Pool Fun

***NOV 8:** School's Out, Stay Safe (No School Day!) - Make Tamales, Play Dominoes & Boats in the Pool; 10 A to 2 P. Please bring a sack lunch!

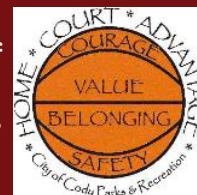
***NOV 15:** Clean Your Refrigerator Day - Kids' Choice Games, Leftovers for Snack & Pool Fun

***NOV 22:** Go for a Ride - Broom Ball, PB&J Tortillas for Snack & Pool Fun

***NOV 27 (Wednesday):** Turkey Trot, Pumpkin Pie for Snack & Pool Fun

***NOV 29: NO PROGRAM!**

Contact ASAP staff at 307-250-8362 for additional details on this fun program!



Basic Babysitter's Training Gets Youth Ready to Work

Youth ages 11 to 15 interested in babysitting will gain the knowledge & skills necessary to safely & responsibly care for infants & children. Participants will learn basic child care & first aid; however, they will not be certified. Class meets Fridays, November 15th & 22nd, from 2:30 to 7 P. Space is limited so please register by the November 8th deadline! Cost, which includes a snack both days & a Babysitter's Training Participants Set, is \$55 by the deadline or \$65 after November 8th. An Advanced Babysitting Class is available upon request with adequate enrollment. Please contact aquatic staff at 307-527-DIVE for more information.



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